

RCGP Curriculum

Supercondensed Curriculum Guide

ALLERGY AND CLINICAL IMMUNOLOGY

Role of the GP

- Identify underlying allergic symptoms
- Managing emergencies such as anaphylaxis and the ongoing management of risk factors and prescribing
- Allergy is a multi-system disease. GPs need to understand how to take an allergy focused history and understand the differentiation of different types by appropriate testing and referral
- Understand the role of immunotherapies for chronic allergic disorders
- Climate change and environmental factors are increasingly recognised as determinants for the allergen landscape, and the impact on allergic disease
- Personalised care allergy management plans are being developed in association with the patient and other specialities such as paediatrics. Awareness is increasing in schools who may request them for their students.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs



- Anaphylaxis
- Angio-oedema
- Atopy – asthma, eczema, and hay fever
- Drug reactions
- GI symptoms
- Urticaria and rashes
- Recurrent infections.

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions



- Anaphylaxis, including doses of adrenaline and resuscitation
- Autoimmune conditions in primary care
- Drug allergies and their mechanisms
- Food allergies, including milk allergy types (e.g., IgE vs. non-IgE mediated, presentation, primary care management and referral)
- Occupational allergies such as latex allergy and contact allergies such as hair dye, metals, plants
- Pollen Food Syndrome
- Types of allergic reactions: immediate, delayed, possible mechanisms.

ALLERGY AND CLINICAL IMMUNOLOGY

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions (continued)



- Venom allergy: referral and emergency management; the role of immunotherapy.
- Immune deficiency states (inherited, primary and acquired such as HIV, chemotherapy) as applicable to primary care
- Immunisation:
 - Antibody test results used in guiding management of specific situations such as Covid-19, chickenpox in pregnancy, rubella immunisation, hepatitis B and C
 - Covid-19 vaccinations – indications, up-to-date guidance on high risk patients
 - Routine primary and catch-up childhood immunisation schedules, contraindications and adverse reactions
 - For occupational medicine such as healthcare workers
 - Needle stick injuries and risk of Hepatitis B and C, HIV
- Skin manifestations of immune disease such as Kaposi's sarcoma
- Transplantation medicine as applicable to primary care particularly in management of organ transplants such as heart, lung, liver, kidney, cornea
- Indications and complications of transplantation (e.g., immunosuppression and immunosuppressant drugs).

Knowledge and Skills Self-Assessment Guide

Examinations and Procedures



- Administration of adrenaline
- Administration of nasal steroids and inhaler devices.

Knowledge and Skills Self-Assessment Guide

Investigations



- Allergy testing – skin patch and prick testing, specific IgE testing, exclusion and reintroduction in suspected non-IgE disease
- Interpretation of immunoglobulin levels and complement.

ALLERGY AND CLINICAL IMMUNOLOGY

How this might be tested in MRCGP

AKT



- Management of urticaria
- Recognition of common food allergies
- Interpretation of antibody results.

SCA

- A young woman is concerned that her lifestyle may have put her at risk of HIV and requests testing
- A parent requesting allergy testing for their child with eczema
- A woman who works as a beautician with suspected contact dermatitis from cosmetic products.



WPBA



- Audit of the practice data on the appropriateness of prescribing adrenaline devices for patients at risk of anaphylaxis
- Reflective learning log entry about safety advice for a parent of a child with severe peanut allergy
- CEPS on administration of seasonal flu immunisation.

LEARNING OPPORTUNITIES (Examples)

Core Content

- **Communication and Consultation**
 - Breaking bad news
 - Explaining diagnosis and negotiating management plans for severe allergies, immune disorders etc.
- **Prescribing**
 - Medications for allergy management
 - Indications for and use of adrenaline auto-injectors
 - Formulas for Cow’s Milk Protein Intolerance
 - Shared care medication such as immunologics, monitoring and side-effects
- **Teamworking**
 - Working with allergy and clinical immunology networks, understanding regional services and referral pathways
 - Participating in cardiac arrest team (e.g., for anaphylaxis)
 - Working with practice pharmacist to determine best prescribing regimen for patients
- **Health Promotion & Prevention**
 - Immunisation uptake
- **Medico-legal/ Ethics**
 - Requests for further investigations of potential allergic or immune disorders.

Primary Care



- Daily practice and out-of-hours care
- Community-based specialist clinics (e.g., allergy clinics, dietetics)
- Community child health clinics
- Public health
- Clinical coding of allergies and adverse reactions.

Acute Care



- Management of acute anaphylaxis
- Allergic reactions including drug reactions
- Managing atopy including GI symptoms
- Urticaria and rashes
- Management of acute illness in an immunocompromised patient
- Occupational exposure (e.g., needlestick injury).

Multidisciplinary Team

- Allergy specialists
- Health Visitors
- Pharmacists
- Dieticians.



Other Specialties

- Paediatrics
- Dermatology
- Gastroenterology
- Respiratory
- ENT
- Public Health
- Infectious Diseases
- Microbiology
- Transplant Medicine and Oncology.

